

First, write the activities that were circled in the previous exercise, next to their corresponding sections. Think about people, places and things that would be around you, or that you might use to help you get into the mode.

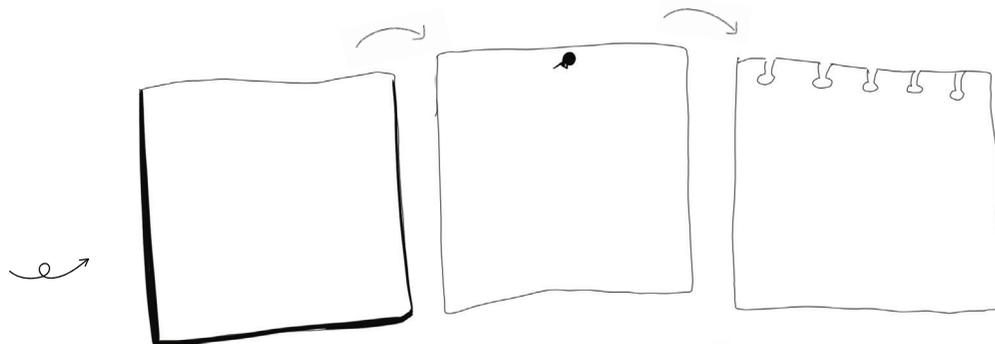
Next, fill in the simple three step plan of how you can start doing your chosen activity. For example: To take your dog for a walk you might, 1. Get dressed for outside weather, 2. Find your dog's leash and then 3. Put your shoes on and step outside.

Care

Activity: .....

People, places and things that may also help:

.....  
.....

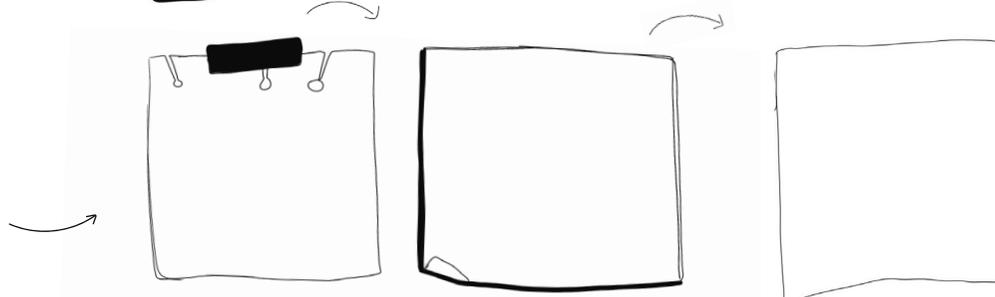


Slow

Activity: .....

People, places and things that may also help:

.....  
.....

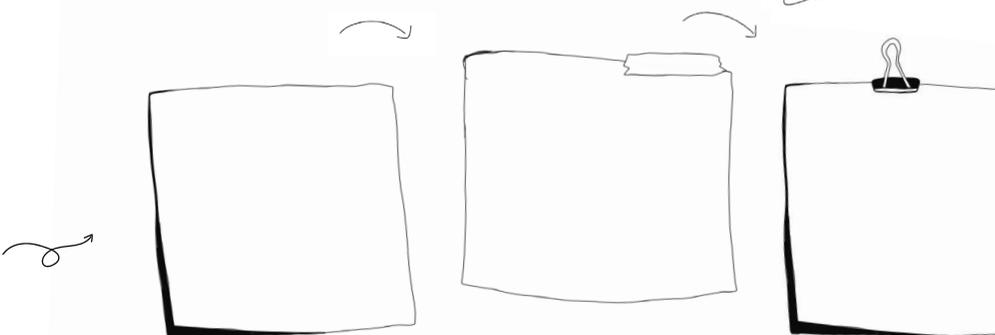


Sync

Activity: .....

People, places and things that may also help:

.....  
.....



flow

Activity: .....

People, places and things that may also help:

.....  
.....

